

## Bloomsburg Athletic Department

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### So stop the stressing!

Our athletes are responsible students who know how to have fun as well as train and study hard.



400 E 2nd St,  
Bloomsburg, PA 17815



## Is Your Child a Student Athlete?

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If so, you might want  
to check this out!

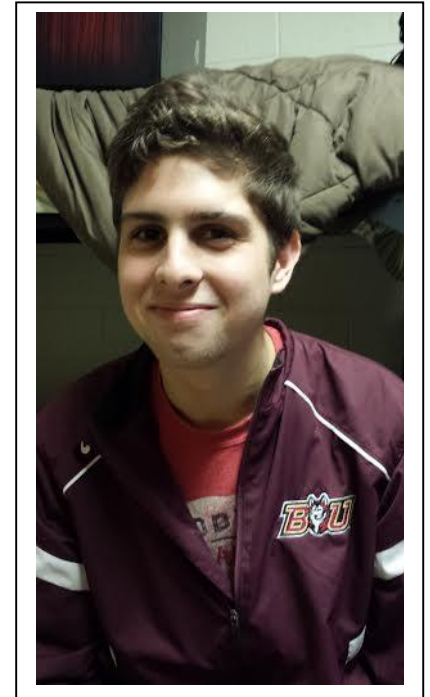


## Don't Worry!

We know the concerns parents face while sending their kids away on their own for the first time. Some of these many worries can include academics, but there's is no need to add to the worry!

Studies have shown the co-curricular athletics can actually keep students on top of their grades. Research has suggested that students who partake in co-curricular activities are more likely to maintain a GPA of 3.0 or higher as opposed to those not involved. A reason for this could be because the NCAA has certain GPA requirements, which are being raised starting in 2016, that the student-athletes have to meet to be able to compete.

## Hear From a Student-Athlete!



During an interview, this is what Sam Payson had to say: "I feel like sports keep me on top of my game. In order to be successful at both, you need to time manage like crazy. I think sports help me to do this and keep my priorities straight."